

### Abstract of the Disclosure

A tension device for use with a self-retracting lifeline having a drum includes a lifeline and an elastic member. The lifeline has a retracting end, an intermediate portion, and a connecting end. The retracting end is operatively connected to the drum, and the connecting end is releasably connectable to a user. The elastic member interconnects the retracting end and the connecting end. The elastic member provides tension on the lifeline and prevents the drum from retracting the lifeline when the connecting end of the lifeline rebounds in an upward direction during a fall.